

Purpose Finding the psychometric properties of alternative morningness questionnaires to be inadequate, developers culled items from two of these scales—the Horne Östberg Morningness-Eveningness Questionnaire [3] (Chap. 54)* and a diurnal type scale by Torsvall and Akerstedt [1] – to create the Composite Morningness Questionnaire. Through factor analysis, 13 items were selected from the two original questionnaires. Among these items, three factors were identified: morning activities, morning affect, and eveningness.

Population for Testing The scale has been validated in population of more than 500 undergraduate students.

Administration The scale is a self-report, paper-and-pencil measure requiring between 3 and 5 min for completion.

Reliability and Validity When developing the scale, Smith and colleagues [2] combined the two original questionnaires, analyzed out the three most reliable factors, and selected the items that

best represented those factors. The resulting scale was found to have an internal consistency of .87.

Obtaining a Copy A copy can be found in the original article published by developers [2].

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Scoring For questions regarding preferred sleeping and waking times, respondents select the most suitable option from a list of time increments. Issues like ease of waking, alertness throughout the day, and exercise are also queried. Potential scores for the scale’s items range from 1 to 4 or 5, with higher scores indicating a greater degree of morningness. Cutoffs for the scale were chosen using the upper and lower percentiles of the scale: A score of 22 or below indicates an evening type, a score above 44 indicates a morning type, and scores in between receive a classification of intermediate.

*Not included in this edition. Will be cited in the next version. In the interim, this and new emerging scales are

listed and analysed in a similar way on our website www.sleepontario.com under “Scales”.

Composite Morningness Questionnaire

Directions: Please *check* the response for *each* item that best describes *you*.

1. Considering only your own "feeling best" rhythm, at what time would you get up if you were entirely free to plan your day?

- 5:00-6:30 a.m. _____ (5)
 6:30-7:45 a.m. _____ (4)
 7:45-9:45 a.m. _____ (3)
 9:45-11:00 a.m. _____ (2)
 11:00 a.m. – 12:00 (noon) _____ (1)

2. Considering your only "feeling best" rhythm, at what time would you go to bed if you were entirely free to plan your evening?

- 8:00-9:00 p.m. _____ (5)
 9:00-10:15 p.m. _____ (4)
 10:15 p.m. – 12:30 a.m. _____ (3)
 12:30-1:45 a.m. _____ (2)
 1:45-3:00 a.m. _____ (1)

3. Assuming normal circumstance, how easy do you find getting up in the morning? (Check one.)

- Not at all easy _____ (1)
 Slightly easy _____ (2)
 Fairly easy _____ (3)
 Very easy _____ (4)

4. How alert do you feel during the first half hour after having awakened in the morning? (Check one.)

- Not at all alert _____ (1)
 Slightly alert _____ (2)
 Fairly alert _____ (3)
 Very alert _____ (4)

5. During the first half hour after having awakened in the morning, how tired do you feel? (Check one.)

- Very tired _____ (1)
 Fairly tired _____ (2)
 Fairly refreshed _____ (3)
 Very refreshed _____ (4)

6. You have decided to engage in some physical exercise. A friend suggests that you do this one hour twice a week and the best time for him is 7:00-8:00 a.m. Bearing in mind nothing else but your own "feeling best" rhythm, how do you think you would perform?

- Would be in good form _____ (4)
 Would be in reasonable form _____ (3)
 Would find it difficult _____ (2)
 Would find it very difficult _____ (1)

7. At what time in the evening do you feel tired and, as a result, in need of sleep?

- 8:00-9:00 p.m. _____ (5)
 9:00-10:15 p.m. _____ (4)
 10:15 p.m. – 12:30 a.m. _____ (3)
 12:30-1:45 a.m. _____ (2)
 1:45-3:00 a.m. _____ (1)

8. You wish to be at your peak performance for a test which you know is going to be mentally exhausting and lasting for two hours. You are entirely free to plan your day, and considering only your own "feeling best" rhythm, which ONE of the four testing times would you choose?

- 8:00-10:00 a.m. _____ (4)
 11:00 a.m. – 1:00 p.m. _____ (3)
 3:00-5:00 p.m. _____ (2)
 7:00-9:00 p.m. _____ (1)

9. One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?

- Definitely a morning type _____ (4)
 More a morning than an evening type _____ (3)
 More an evening than a morning type _____ (2)
 Definitely an evening type _____ (1)

10. When would you prefer to rise (provided you have a full day's work—8 hours) if you were totally free to arrange your time?

- Before 6:30 a.m. _____ (4)
 6:30-7:30 a.m. _____ (3)
 7:30-8:30 a.m. _____ (2)
 8:30 a.m. or later _____ (1)

11. If you always had to rise at 6:00 a.m., what do you think it would be like?

- Very difficult and unpleasant _____ (1)
 Rather difficult and unpleasant _____ (2)
 A little unpleasant but no great problem _____ (3)
 Easy and not unpleasant _____ (4)

12. How long a time does it usually take before you "recover your senses" in the morning after rising from a night's sleep?

- 0-10 minutes _____ (4)
 11-20 minutes _____ (3)
 21-40 minutes _____ (2)
 More than 40 minutes _____ (1)

13. Please indicate to what extent you are a morning or evening *active* individual.

- Pronounced morning active (morning alert and evening tired) _____ (4)
 To some extent, morning active _____ (3)
 To some extent, evening active _____ (2)
 Pronounced evening active (morning tired and evening alert) _____ (1)

Note: Scoring is indicated in parentheses beside each score anchor.

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References

1. Torsvall, L. & Akerstedt, T. (1980). A diurnal type scale. Construction, consistency and validation in shift work. *Scandinavian Journal of Work Environment Health*, 6, 283–290.
2. Smith, C. S., Reilly, C., & Midkiff, K. (1989). Evaluation of three circadian rhythm questionnaires with suggestions for an improved measure of morningness. *Journal of Applied Psychology*, 74(5), 728–738.
3. Home, J., & Ostberg, O. (1976). A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms. *International Journal of Chronobiology*, 4, 97–110.

Representative Studies Using Scale

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